

ABSTRACT OF THE DISCLOSURE

5 A banded nasal dilator is described. In a typical embodiment, the banded nasal dilator includes an elongated band that can wrap around the back of a user's head. Each end of the band includes a face pad having an adhesive portion that is adapted to connect to the user's cheek. A protective tab covers the adhesive portion until the dilator is ready for use, at which time the tab can be removed to expose the adhesive portions of the face pads. In one embodiment, each face tab can include an upper and lower strip that enclose an end of the band.